

Easy Eggplant Stir Fry

Makes: 4 servings

Fresh vegetables are cooked in one pan to create a flavorful side dish.

Ingredients

- 2 eggplant (peeled and cubed)
- 1 zucchini (thinly sliced)
- 1 **cup** green bell pepper (cut into strips)
- 2 onion (sliced)
- 3 **tablespoons** Italian salad dressing (low fat)
- 2 **cups** cherry tomatoes
- 2 **cups** brown rice (cooked)

Directions

1. Place eggplant, zucchini, green bell pepper, onions and salad dressing into a skillet.
2. Stir lightly to combine and cook over low heat until tender.
3. Stir in cherry tomatoes and cook for 3-5 minutes. Serve over cooked brown rice.

Connecticut Food Policy Council, Farm Fresh Summertime Recipes

Nutrition Information

Nutrients	Amount
Calories	230
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	90 mg
Total Carbohydrate	50 g
Dietary Fiber	9 g
Total Sugars	11 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	